

# BRIDGES

## INVENTORY:

Alternative finds from  
Turning the Tide book  
store **P.2**

## FASHION:

Yogi's style supports  
local, promotes  
peace **P.12**

## CITY NEWS:

Van donation  
benefits city  
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WEDNESDAY, NOVEMBER 12, 2013

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## YOU CAN IMAGINE

GUY VANDERHAEGHE  
BRINGS THE PAST TO LIFE  
ON HIS OWN TERMS **P. 6**



# INVENTORY

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## # TURNING THE TIDE

Turning the Tide, an independent alternative book store, has been selling books for 10 years while focusing on current events, environmental issues and sustainability. They also have a

collection of 1,000 DVD films for rent, from Hollywood to foreign films and documentaries. Turning the Tide is located at 585 11th St. E. and is open Tuesday to Thursday from 10 p.m. to 8 p.m., Friday and Saturday from 10 p.m. to 9 p.m., and Sunday from 12 p.m. to 6 p.m.

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## # MY FAVOURITE PLACE PG. 5



Hector Memorial Gardens is a favourite place for Angela Barker, who often wants to dedicate her mother's memory. **STYLING: FORTIN/LEWIS/STYLING**

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## # ON THE COVER PG. 6



Shining advice has always been a novel idea to Guy Vanderhaeghe. **MODEL: P. WOLF BY MICHELLE BORG**

Bridge is published by The Star Press Inc. — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 2P4.

Rain McLaughlin is editor in chief.

For advertising inquiries contact 657-6340, editorial 657-6402, home delivery 657-6320. Hours of operation are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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# IN THE CITY

# NOVEMBER 7, 2013 — 2:59 P.M.

## Donating to a cause



Phlebotomist Lisa Weyler draws blood from Faye Kattimar who is a member of the Canadian Hemophilia Society. Kattimar is a 45-year-old gay man who contracted HIV while donating blood to a friend who died during the tainted blood scandal and now has the same virus and is at risk of liver failure. The image is being circulated as a way to encourage more people to donate blood. The image is being circulated as a way to encourage more people to donate blood. The image is being circulated as a way to encourage more people to donate blood.

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## #MY FAVOURITE PLACE

## Celebrating mother's life at memorial gardens

By Angelina Irwin

It's been ten years since Angela Barlow's mother passed away, and her memory lives on radiantly. Angela is grateful that, even though her mother was cremated, she still has a place to go to visit her. This location was a very special woman and she made everyone around her feel special, too. She taught people about strength, genuine kindness and how to live meaningfully. Angela's favourite place is Willow Memorial Gardens, where she goes to visit and celebrate her mother's life.

**Q: What was your mother like?**

**A:** My mom lived life to the fullest. Anything she did, she did it 100 per cent. I remember lots of little things about her. I remember she loved picnics because they reminded her of childhood. Her laugh was a full laugh. And her heart, she taught people how to hug. I remember my mom taught people how to hug. It's getting harder and harder to remember her.

**Q: What were her deep beliefs?**

**A:** It was just right. She just was beyond you, her aura just embraced you. She would sit.

**Q: Tell me about the place where you visit your mom.**

**A:** My mother was to be cremated and I never really liked that because I never really liked the thought of cremation. I would get all these images in my head, but that was her wish. I was 17 at the time and I needed somewhere physical to go somewhere where I could connect with my mom. So we came up with this compromise where my mom could get her wish and I could still get what I wanted, too. Half of her ashes are in the (cremated), we'll because my dad and (mother) might have taken the other half and spread them over the lake or in Greece with me one, because I didn't want any part of that.



Angela Barlow visits Willow Memorial Gardens to pay tribute to her late mother. She has placed flowers on her mother's memorial.

**Q: How often do you go to visit your mom?**

**A:** I go as often as I can. I go far more on my mom's birthday, for sure on the anniversary of her death and far more on Mother's Day. Any opportunity that I get to go, I take it. It ends up being a couple times a month. It's not as often as I'd like.

**Q: What's it like when you visit her?**

**A:** It's powerful. I don't feel that

typical, sensory feeling when I'm there. I feel like I'm part of a park or something like that. I can't use any other word to describe it but peace (at).

**Q: How does it help with remembering and celebrating her life?**

**A:** Because when I'm missing her and I'm feeling sad, it's the same for one place I go to because I feel that connection there. It's a physical

connection and it just helps because when I'm missing her I go there and I feel connected to her.

**Q: What do you do when you're alone?**

**A:** Sometimes my grandma and I will say a prayer. If something's bothering me I talk to her. I always bring flowers – usually they're fake so that they last. I usually bring. Gather flowers because those were

her favourites. They're kind of a summer flower though. In the winter I'll bring a poinsettia. And I'll always kiss her goodbye before I leave. I left a kiss there for her. I need to do it again so it stays.

I hope that I can continue to be a place that I can always connect with my mom for years to come and possibly bring grandchildren there that she never got to meet, and tell them all about their grandma. Parts.

## ON THE COVER

He can still write a really hard-hitting, beautiful short story too.  
—David Carpenter

# GUY VANDERHAGHE

## Author brings the past to life on his own terms



"Readers are so picky about short stories as things that writers don't affect; they have some cane on their back. There can be nothing further from the truth," says Guy Vanderhaeghe. PHOTOGRAPH BY MICHAEL D. BLOOM

By Jenn Sharp

Being a writer must be wonderful. A bolt of inspiration hits you, and your words flow effortlessly onto the page, sprang from a bottomless well of creativity. If only it were true.

Not every idea works, not every

thing is inspiration any. Saskatoon's highly celebrated writer, Guy Vanderhaeghe, Saskatoon writers need to learn that.

"Even if you have a good idea, if you don't have the ability to render that idea into words, it can't be conveyed or felt by a reader."

For 30 years, Vanderhaeghe has

tought a popular class on creative writing. When the students at St. Thomas More College at the University of Saskatchewan approach him with dreams of becoming professional, he tells them to get disciplined and learn the craft of writing.

After 30 years writing, Vanderhaeghe has had time to develop his

craft. He's accumulated accolades along the way, including a Governor General's Award and a Saskatchewan Book Award. He's best known for his historical novels. CBC made a miniseries based on *The Englishman's Boy*. *The Last Crossing* was a finalist for the Commonwealth Writers' Prize. In 2005, he was awarded the Saskatoon

Order of Merit and made an Officer of the Order of Canada.

Recently, Vanderhaeghe received the Lieutenant Governor's Lifetime Achievement in the Arts award, the province's highest arts honour.

Behind the accolades, he's sharp and humorous, says long-time friend and fellow writer David Carpenter.





# BRIDGES PROFILE

## Royal University Hospital Foundation celebrates 30 year legacy

She pulls up to emergency at Royal University Hospital (RUH) and parks where she should't. She reluctantly leaves her husband with admissions staff so she can make the car. When she gets back, he's joking with the staff. He knows who she is, his name and address, but not what he did that afternoon. He gets a bed so wheels gets hooked up to some machines and his two daughters arrive. Several nurses, doctors, neurologists, and a CT soon later he's told his heart and head are okay, but he's having an episode of Transient Global Amnesia (TGA). His brain can't form new memories and for hours he's been trying desperately to assert himself. Fortunately the room condition will pass in 24 hours, and at 9:00 p.m. they leave with sighs of relief and gratitude. But others are staying. Health care never stops.

Scenes like this play out daily at RUH - scenes that become hidden in statistics, yet remain individual and intensely personal. Royal University Hospital Foundation is intimately connected to these stories. The Foundation has had a profound impact on day-to-day life at RUH for thirty years, bringing the gap between patient needs and medical excellence.

"One of the biggest things I find with foundations is they provide a vehicle to allow either grateful patients, or people in general, to connect to the health care system," says Bryan Lewinski, Vancouver Chair of RUH Foundation Board. "It's not like a government body or a third-party removed kind of contact," he says. It may be this kind of accessibility and visibility that has led to the success of RUH Foundation.

There is a legacy of "firsts" that grows out of a province with one of the most innovative healthcare systems that produced Medicare, the first MRI in Saskatchewan, the first dedicated



The picturesque main entrance at Royal University Hospital

**"We live in a city and a province that is doing well and the expectation is that we need access to, and we should have, the most advanced equipment and expertise."**

**Arla Gustafson, CEO  
RUH Foundation**

neonatal and pediatric intensive care units, the province's first Kidney Care, Emergency Resuscitation Program, as well as the first PET/CT and Molecular Imaging Centre in Saskatchewan.

Staying ahead of the curve is important when your hospital has Saskatchewan's busiest trauma

centre, 158 adult visits to the emergency room and 79 surgeries every day, and there's \$80 billion born every month. The impact of RUH Foundation extends throughout the province. Fifty per cent of patients make their home outside of Saskatchewan.

In a growing city and an



Check presentation by **Jerret Stoll** of the LA Kings to **BJ Johnson** (John Rumpf Board Chair and current Board Member) of \$1 million raised in 4 years through his golf tournaments, which created the **Jerret Stoll Patient Comfort Fund Endowment for Children** at RUH

increasingly cosmopolitan province, health care must keep pace. "We live in a city and a province that is doing well and the expectation is that we need access to and we should have, the most advanced equipment and expertise," says Arla Gustafson, CEO of RUH Foundation.

Three "pillars" or broad categories of support lead to advancing medical excellence through RUH Foundation: patient care, education and research. Patient care is enhanced through quality diagnosis, more effective treatments, and improved patient comfort. The Foundation invests in education through fellowships, scholarships and professional development grants awarded to physicians and staff. The Foundation provides that necessary capital and support for education, research and health care excellence that the foundation is able to connect to," says Lewinski.

Investing in the most advanced medical technology and the best qualified professionals leads to better patient care. The recent acquisition of the PET/CT at RUH for the most advanced medical imaging care in the country is available to cancer, cardiac and neurology patients. "Dr Paul Belyaev was recruited by the Saskatchewan Health Region to be the head of medical imaging," says Gustafson. "He is the energy behind the PET/CT so right away there are people who want to come to Saskatoon to work with him, to work with the PET/CT. Attracting the best talent provides the best outcomes for patients. In this case, quicker results through less invasive means." The three pillars of the Foundation will create a healthier society overall.

Article continued on next page

# RUH Foundation: the legacy and the promise

Every day informed and compassionate donors contribute a combined daily average of \$93,101 to RUH Foundation. This kind of generosity empowers the Foundation to make a substantial difference, promote health and wellbeing in the province, and move into tomorrow with confidence in continued medical excellence.

Donors are motivated to respond to various priorities. Some want to contribute to the most immediate priorities, like a critical piece of equipment that needs repair so that someone can get their tests or scan done. Smaller gifts can provide a chair or TV for a waiting room, or blanket warmers for the comfort of patients.

Others are excited to join the most vital, supporting the latest innovative technologies and research. Earlier this year, renowned neurosurgeon-scientist Dr. Inar Mendez joined the Saskatoon Health Region and the University of Saskatchewan in a pioneering role that will initiate a unified strategy for the province. "Dr. Mendez's expertise in automation and robotics will lead to a whole new way of treating patients. The system has to catch up to that," says Gustafson. His expertise will contribute to future general surgery, trauma, and donors to the Foundation will have a role to play to help make this happen.

Former Foundation Board Chair (1998-2001), Nahid Ahmad, BSc, has a long history and attachment to RUH Foundation. She provided care at RUH as Clinical Health Psychology for over 30 years, and she and several members of her family have been recipients of care there. Ahmad, BSc, says the Foundation through its endowment, donates funds toward cardiology



The Grand Opening of the Irene and Leslie Dubé Centre for Mental Health in 2010.

Left to Right: Arnie Annett (then RUHF Board Chair), Irene Dubé, Les Dubé, and Arlo Gustafson (RUHF CEO)

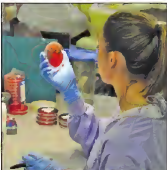
and kidney research. During her tenure as chair, the first big community funding event, the Boulevard Street Ball raised money for research. Ahmad, BSc, says she has witnessed and participated in the Foundation's 30-year legacy in various capacities.

"I have been personally touched by health problems in my family and know how important health care is," says Ahmad, BSc. "Because I was working at the hospital, I could see what needed to be done. I think the Foundation has contributed enormously towards the enhancement of the hospital. I don't know if the

gap in health disparities. They will empower staff, physicians and researchers to design the future through advanced technologies, research and treatment methods. Gifts large or small from corporate and individual donors, will make it happen.

We really want to use the hospital. But when we need to use the hospital, we're so glad it's there for us. "Health care affects

us all," says current Volunteer Board Chair, Bryan Levenski. "I'm passionate about improving it wherever I can." Possibly we all have a role to play. This Friday, November 15, we celebrate National Philanthropy Day which is marked by generosity of spirit. With your generosity, tomorrow's legacy at RUH Foundation can begin today.



A lab technician examines a patient specimen in the Microbiology Lab at RUH, where 1,499 patient samples from Saskatoon and surrounding regions are tested every day. Royal University Hospital Foundation is raising \$428,000 for the purchase of state-of-the-art equipment to automate the process for safer, quicker and more efficient analysis of patient samples.

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He has a great deal of intensity in him which I think he vents and disguises with a great sense of humour. He absolutely knows who he is and what he has to do. — Carpenter



CBC shot the new scenes. The Englishman's Boy in Sudan between 2008, filmed on the popular novel by Guy Vanderhaeghe. The above shot was later in the 2012 epic. Hollywood's Guy Vanderhaeghe



Producer Steve De Wit (left) and author Guy Vanderhaeghe made a cameo appearance in The Englishman's Boy, produced by CBC in 2008. Photo: The CBC

#### GUY VANDERHAEGHE'S TIPS FOR ASPIRING WRITERS

Any writer has to be a little in love with language.

You must have the potential to discover your own voice. At the beginning, most write like the others they admire, but at some point it needs to go beyond imitation.

Discover how you feel and think, and have the willingness to meet some of that in your work. Discipline. Write daily whether or not you feel inspired.

People seem to write by doing two things: Reading and writing.

for the Saskatchewan Arts Board.

She points to his passion for Saskatchewan and its people, and the way he uses imagery in his writing to convey history.

"He gives [us] history, context, sensory references. I think that's the responsibility of a literary writer who uses historical material for the book. He's a model for all of us (readers). He does it very best," she says.

"To be able to write a character which responding to what's happening around them and mesh that with whatever is happening in the real world takes a fair amount of juggling," explains Vanderhaeghe, with the open smile that gives his face its unique character.

Carpenter says Vanderhaeghe is incredibly disciplined, rising early to write and putting his craft first.

"He has a great deal of intensity in him which I think he vents and dis-

guises with a great sense of humour. I think that intensity serves him very well to live a disciplined and focused life. He absolutely knows who he is and what he has to do," says Carpenter.

\*\*\*

Vanderhaeghe feels lucky to have spent five decades working at something that interests him and that he has done. His quick to engage his early work saying it was "very raw" and didn't display much craft. Now, even at 60, energy.

"When you're younger and you're writing a first book, you may be getting to pieces of yourself, thoughts [and] experiences out of you. There's a reservoir there," says the man whose books have been translated into 11 languages (He will best at French.)

He wrote short stories throughout his childhood.

His obsession with reading and writing tapered off in high school, where it was viewed as an unusual hobby.

He went on to earn a Bachelor of Education from the University of Saskatchewan (and later a Master's degree in history at the University of Regina) yet a writing career "was always lingering in the back of my mind."

He worked as a freelance writer and editor in the mid 1980s, then taught high school English and history in Herbert. He also taught creative writing at the University of Or-

leans.)

It took a few years before he warmed up to historical fiction. He didn't want his academic training to spoil his creative process.

"It took me a long time to figure out that in the trees, [that is] novel, the most important part of the equation is 'novel.' You're not writing history; you're writing a novel, which can be about history, but certainly should never pretend to be history," he says.

The challenge of writing historical fiction is accurately represent an era's realities in the time period. What people ate and wore, their modes of thinking and their social

attributes are all added immensity to a story's believability.

"If you don't have a sense of that, you don't even really have a beginning point," he says.

It all must be properly researched and then communicated subtly, so it doesn't feel like information. Get a few of the details wrong, and you've lost the reader.

It's even harder to watch the development of historically accurate events to a character's development. It's an unusual way of doing that that has made Vanderhaeghe one of the best, according to Rynia Barclay, a writer and chair of the board of directors

He walked this fine line between warm and stern. He was nice but not in a hand-holdy way. I think it was just that he was really serious about the class. He commanded respect.

— Wendy Gilts

THEFTS/SPENDING.COM/918070

That energy is the reason he enjoys his students' work. In his advanced 300-level creative writing class at the U of S, students have to read each other's stories and have critiques prepared.

"If you can read something by someone else and offer suggestions about how it could be improved, there should be some carry over from that to your own work," he explains.

Wendy Gilts, a reporter at the Toronto Star, was one of Vanderhaeghe's students.

"He walked this fine line between warm and stern. He was nice but not in a hand-holdy way. I think it was just that he was really serious about the class. He commanded respect," she says.

While Gilts doesn't remember her stories in the class, something more important stands out.

"In the middle of one of my stories I remember he wrote two words — 'Good writing' — above one paragraph. Not exactly effusive praise, but it's a some of the most memorable feedback I've received."

Early in his career, Vanderhaeghe's 1985 collection of short stories, *Moss Descending*, won the Governor General award, beating Alice Munro in the fiction category. He immediately sent her a letter of apology — Munro was someone Vanderhaeghe had read to learn how to write short stories.

"I was saying to her that a literary all-janitor had been constructed," he laughs. "She wrote back and said, 'It's lovely if you to say that.'"

But even Munro's letters became sharper over time. This fall, she was awarded the Nobel Prize for Literature.

"The early stories, you can say she hadn't become the supreme craftsman yet. Then you read a story like *The Progress of Emily* and you say 'OK, she's arrived.' It's clear that this was a writer to contend with."

Vanderhaeghe has undoubtedly earned himself the lifetime achievement award because a great deal to him — it's his last best award not opportunity for writing.

"It says to me that a story thought my time had a been wasted for 40 years," he grins.

Carpenter, one of Vanderhaeghe's biggest fans, admires the writer's

style, scope and depth.

"The more he wrote, after his first book (*The Trouble with Heaven*), the better he got. There was some stunning work on *Man Descending* that you just don't forget," says Carpenter.

"He can still write a really hard hitting, beautiful short story too." Carpenter says Vanderhaeghe is a terrific storyteller, saying "in the bar it's always a great treat to sit as close to him as I could find on the table."

Sheila Cole once asked the two writers to help her celebrate spring on CBC radio's *The Morning Edition*. Vanderhaeghe told a story about growing up in the country side.

"I always knew spring was here, first of all when the so called melted and you couldn't play hockey at the rink, but mostly when was this huge pile of manure sent to our house. When the snow started coming off this pile of manure, you know it was spring," quotes Carpenter. "What a wonderful image of spring that was!"

Vanderhaeghe says he can take criticism as well.

"The actually got a pretty thick hide," he smiles again.

"Reviewing that isn't honest isn't really reviewing. I can't fault people who don't like my work for saying that they don't like my work. If you won't believe the bad reviews, you can't believe the good reviews, either."

\*\*\*

Looking ahead, Vanderhaeghe and most finished writings new collection of short stories. A sought after public speaker, he gave the Annual Remembrance of 1918 last month and will give the Writers' Trust of Canada Kenneth Lowrance Lecture next year in St. John's, Newfoundland.

While he's cryptic about his idea for a new novel, he says it will be completely different from past books that focused on the 19th a period. Vanderhaeghe says was crucial to Canada's foundation. It's safe to assume though, that he'll stay with the historical fiction format that's earned him such admiration. Readers can count on future works springing from that well of creativity.



Our Vanderhaeghe gave a call on history during his poignant remarks to the guest lecturer at the 20th Michael Ondaatje Memorial Lecture on Oct. 29 at St. Thomas More College in Saskatoon. (Photo by Gail Roberts)

# FASHION

What's your winter style?

Send a note to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## #SASKATCHEWAN STYLE

# Jan Henrickson: Supporting community through fashion

By Angelina Irmici

When Jan Henrickson goes clothes shopping "blatant" she's trying "on" more than just a look. She must be able to do downward-facing dog in whatever she has on. But don't be fooled — it's not just her spandex and leotards. Henrickson has managed to do the yoga pose in a gown she purchased for a gala event in Las Vegas.

"Comfort is the main thing that drives my style. I have to be comfortable and simple. I mostly wear patterns. I like trousers and match belts and I like simple clothes," the former page at *Structure* says.

But lately she's been trying on sexy & little bit more: to embrace the glamorous side of her nature, she says.

"I was so grateful for so many years of my life raising my children and I'm just kind of 'treasure' that."

Plus, she spent many years in yoga pants. Henrickson is now slowly transitioning into less jeans and more first-class looks.

Peace and community are the two driving forces in Henrickson's life and her wardrobe reflects that. She has plenty of Lubliner clothing, that aside from that, the rest of her outfit was purchased from local businesses in Saskatoon. She says she feels better wearing clothing knowing that she's buying local — the clothes have more meaning that way.

Both her ring and bracelet tell powerful stories. After her 30-year marriage ended, her name disappeared from the ring — as the inside it reads "Thus too shall pass."

"It was her support for me (while) I was going through a transition in my life. It reminded me that even that hard time will pass. It kind of replaced my wedding band and I wear it to my right hand."

The abundant peaceBOMB bracelet is made from beads that were dropped in Laos during the 1960s–1970s Vietnam conflict, leaving Laos the most heavily

bombed country per capita in history. Artisans in the country create the jewelry and sales go toward the artists' family, the community development fund and clearance of unexploded artillery from the land. Buying the bracelet allows consumers to "buy back the bomb," the company, Article 22, writes on its website.

"These are what drive me. (I wear it) being about peace on the planet in some small way — in the way that I live my life," she says.

1 SCARF: Lubliner

2 JACKET: The Sandika in the City

3 BAMBOO SWEATER: Stewart + Brown from Luna and Hill. "I made it to work so finding really great sweaters is challenging for me, but this one is so soft and comfortable."

4 RING: Made by a Toronto artist from St. Lawrence Market in Toronto. "I just love it because it's handmade by someone."

5 PEACEBOMB BRACELET: Article 22 from Luna and Hill. "What a great source of energy from a bomb to peace bracelet."

6 LEGGINGS: Lubliner

7 BOOTS: Don from Montreal, Canada. "I almost didn't buy them I was being a little extravagant. I love wear them because they're beautiful since then — whenever I travel people compliment them."



**NEXT WEEK:** Did you (or will you) put your child in sports? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

Go to [www.thestarphoenix.com/bridges](http://www.thestarphoenix.com/bridges) for more information.

## # PARENT TO PARENT

Each week *Bridges*, in connection with *SaskatoonMoms.com*, gathers advice from parents to share with other moms and dads. This week we asked:

# Did you keep your baby's name a secret during pregnancy?



I don't think we doctored upon a name until the very last days, and it was even a secret to us" — *Carla Corvino*

"We chose to name our born boys after our dad and grandfathers as we told a select group of people beforehand to make sure it was OK to use those names. The pediatrician we shared with those people when we revealed the names can't be described!" — *Michelle Deede*

I did not keep the baby names a secret at all, however when my daughter was born, I decided on a different name than the previous names we had chosen" — *Niki Moly*

"No, we did not share the names until they were born. We chose to not find out the sex of birth of our babies. For both, we had boys' names picked out, but couldn't agree on a girl's name which must have been for a reason because we had two boys" — *Shelly Lambert*

"With our first we did not keep the name a secret. We told everyone. Then at 36 weeks, my cousin got a puppy which she named the same name as I had picked for our baby. When I asked why she used the name she chose she said she had heard it somewhere and realized it but couldn't remember where. I was devastated. Baby ended up coming at 37 weeks and we had not yet picked a new name! After that we kept the names quiet until they were born" — *Nicole Sparrow*

"Absolutely. Everyone has a good or bad opinion of the baby name before they are born because they try to fit it in to their heads. The baby isn't born yet, but it's painful. So we name the baby and keep it to yourself. I learned this lesson with baby number one and kept the name to ourselves until baby two was born" — *Jennifer Burkack*

"Not both times. (People) are more likely to tell you that they don't like it before the kid is born than after. As well, (since) so many people having babies around the same time, I didn't want them to steal my name" — *Tiffany Perler*

We kept it a secret until he was born a day and a half later. It was even a secret to his mom" — *Roberta Szabo*

"No. We weren't interested in anyone's opinion before it was a done deal" — *Patricia Peterson*

"Not! I also knew the gender of my second baby. (My doctor didn't even know). So right before the delivery I told my doctor we were going to have a baby girl named Layne" — *Shelley Stah Hoscholt*

"Yep, kept both boys a secret. A friend once told me that one weirdo mom can run a name for a year. She was right. I tested a few names on family and they totally liked them. So once we decided we knew 'told anyone" — *Alicia Todd Griesel-Schuler*

## SASKATOON PARENTING EVENT:

### PARENT AND TOY EXPO

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Dundonald Park Hall B

Free shopping event with local products services and information for families. With interactive displays, entertainment, games and a food lounge. Admission is per adult \$8 and under free

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Bridget Swartz Advertising Section



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## # SASKATCHEWAN'S BEST SPACES

### Hotel renovations offer fresh, garden feel

By Angelina Itrucci

**WHO:** Lynn Flury, general manager of Saskatchewan's Hilton Garden Inn

**WHAT:** Hilton Garden Inn's downtown Saskatoon location is the only Hilton Garden Inn in the world that was transformed from a previous hotel, so its layout is different from other Hilton Garden Inns. The hotel was converted and opened its doors as a Hilton in 2005. Of the 180 rooms, 12 are suites, the majority of which have been renovated. The lobby, which is open to the public, now includes a Starbucks, plenty of cozy seating and a large fire place. "The lobby is designed to be a very social area, meant to be very alive," Flury explains. Since Lounge is not part of the Hilton brand, but exclusive to the Saskatoon location, a few extra additions have been made: a Kung Pao chicken menu has been put in each room, and fresh loaves of water are in the lobby for guests. Since each room has a microwave and fridge, the hotel pantry is stocked with fresh and frozen foods like sausage, fruit and microwave dinners.

**WHEN:** Six years after the initial conversion Project Grow was put in place. The restaurant and lounge were renovated just over two years ago and lobby renovations immediately followed. The suites are being renovated floor by floor, with an expected completion date of this summer. Flury says that hotels generally renovate every six to eight years.

**HOW:** The hotel aims to provide patrons with a peaceful and relaxed atmosphere — "an earthy garden fresh feel." Greens, browns and terra cotta are prominent colours and the natural textures are apparent. Garden art hangs on the walls. A small dog statue nicknamed Milton greets guests as they walk in. While The Hilton Garden brand provided Flury with a design template (the suite's carpet, for example), she made modifications for the rooms, like adding ottomans and choosing the fabric for chairs. A general contractor and designer were hired to renovate the lobby restaurant and lounge. Saskatoon staff designed the rooms themselves. Since Lounge is exclusive to this location, Flury has control over the look. It is being updated with a gas fireplace, large bar and plenty of seating.

BRIDGES PHOTOS BY MICHELLE BEING



# CITY NEWS

# GLOBAL GATHERING PLACE

## Excitement 'hard to describe' for van donation

By Angelina Irtinici

Global Gathering Place, a drop-in centre for newcomers, has seen an influx of clients over the last few years. The non-profit has been adding new services to keep up with the growing demand, but transportation was becoming an issue. The group heavily relied on public transit and taxis and the bills were getting hefty. But thanks to PPUN Motor Group's donation, Global Gathering now has its own 2013 silver passenger Dodge Caravan.

"It was just fantastic — for board members and staff — on a script such a generous contribution. It was really well received by everybody. The excitement is hard to describe," executive director Debra Podrig says of the donation.

Chairman of PPUN Motor Group Paul Leppay was on hand to deliver the vehicle and witness the excitement. Although he didn't know many details about the organization, he says he quickly realized the "amazing" work Global Gathering does for newcomers in Saskatoon and eventually understood how helpful a vehicle would be.

"They were just tremendously excited. I couldn't believe it," Leppay laughs. "These people are really helping newcomers and it's unbelievable some of the things my kids go through that they are teaching these people."

The new van, worth about \$10,000, will be helpful in getting clients to and from the Global Gathering Place, allowing staff to assist in clients' homes and taking clients out to special activities like sports games.

Staff travels to newcomers' homes to teach them basic skills, like how to use the appliances in their home, or how to get to the nearest grocery store, read fiscal labels and buy non-perishable food. The services, which include parent-child activities, information sessions, meet and greets and workshops on cooking and employment, are all designed for newcomers



The Global Gathering Place's executive director Debra Podrig tries out the new van donated by Paul Leppay of PPUN Motor Group. PHOTOGRAPHY BY MARY ELLEN

to adapt to their new life in Canada. Often, clients would rely on public transit to get them to and from the Global Gathering Place, but that can be difficult for some parents to navigate the transit system with a few kids in tow. Podrig explains:

"It's amazing. That is going to make such a huge difference in our pro-

gramming," Podrig says. "The most vulnerable people with the greatest need have the most difficulty attending our programs because transportation is an issue and taxis are out of reach."

In the first five days of having the van, it was already used to make six trips transporting his people. Staff

took clients to the Western Development Museum and used the van to pick up clients for Wrightkurt, a weekly program that provides parent-child activities and parenting services and advice for immigrant mothers.

Global Gathering Place has been running for the last 15 years and Podrig has been involved since day one.

She says the number of clients and services has grown tremendously in proudly in the last five years.

There was a time when the drop-in centre would see a few clients per month. Now, in addition to the new registrations monthly the centre services around 300 clients each month.

## EVENTS

## # MUSIC

Wednesday, Nov. 13

**Michael Koshhammer**  
Brooklyn Theatre  
713 Broadway Ave.

**Dave Neilson**  
Bulls on Broadway  
817 Broadway Ave.

**Rockt Series:**  
**Paper Lions**  
The Basement,  
202 Fourth Ave. N.

Thursday, Nov. 14

**Two Men Group**  
Crackers Restaurant  
and Lounge,  
4612 Pinehouse Dr.

**Dave Neilson**  
Bulls on Broadway,  
817 Broadway Ave.

**Cricket the Hero**  
w/ Amethysts, Affiance  
and the Kivah  
Cricket's Events Center,  
241 Second Ave. S

**Alexandra Delahet**  
w/ Jay Walker (early solo)

**Week Ends**  
w/ White Slaves  
and Black Olive  
Venetia's Tavern,  
881 Broadway Ave.

**Speed Concert**  
w/ My Gonzalez, Cherry  
and the Pleistocene  
and Beakstreak Brewery  
Rock Bottom,  
8348 Broadway Ave.

Friday, Nov. 15

**The Nightbirds**  
Bulls on Broadway,  
817 Broadway Ave.

**Hans Friday**  
w/ Motion Interleaves  
**Rock Series:**  
**Liberty Levery**  
The Basement,  
202 Fourth Ave. N.

**Forever Young**  
Army & Navy Veterans  
Club,  
309 First Ave. N.

**Dave Boonhoefer Trio**  
Machly's Holstein,  
1031 Eighth St. E.

**The City Chimeras**  
rainfield Senior  
Citizens' Center,  
1031 Fairmont Ct.

**Bridges**  
Taco Town Tavern,  
3330 Fairlight Dr.

**Draw To Die: Social**  
Lush Pub  
93 Campus Dr.

**Moche Girls**  
O'Brien Events Center,  
241 Second Ave. S

**Kan Mode w/ Full of Hell**  
Amigo Center,  
632 10th St. E.

**Bandcamp w/ Kilmer**  
Mellier and the  
Northern Light  
Venetia's Tavern,  
881 Broadway Ave.

**Feedlines of Youth**  
Rock Bottom,  
8348 Broadway Ave.

**Marty Gormley**  
Poppy's Bar & Grill,  
1403A Midway Dr. N.

**Rocky Men**  
Gavin's Place,  
106-110 8th St. E.

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Gavin's Place,  
106-110 8th St. E.

**The Highline**  
Bulls on Broadway,  
817 Broadway Ave.

**Guitar Series:**  
**The Jack Temple Band**  
The Basement,  
202 Fourth Ave. N.

**Jack-o'-Lantern**  
National Legion,  
2021 Luster St.

**Forever Young**  
Army & Navy Veterans  
Club,  
309 First Ave. N.

**The Horngs**  
Downtown Light,  
604 Spadina Creek W.

**South of North**  
Machly's Holstein,  
1031 Eighth St. E.

**Lands of Gold**  
and **Killswitch Engage**  
Portland Park,  
903 8th St. W.

**Josh Matthews**  
Lush Pub,  
93 Campus Dr.

**Wednesday**  
Amigo Center,  
632 10th St. E.

**The Babes in**  
**the Woodpecker**  
Venetia's Tavern,  
881 Broadway Ave.

**Effie Mae Daniels**  
Poppy's Bar & Grill,  
1403A Midway Dr. N.

**Marty Gormley**  
Poppy's Bar & Grill,  
1403A Midway Dr. N.

**Rocky Men**  
Gavin's Place,  
106-110 8th St. E.

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Gavin's Place,  
106-110 8th St. E.

**Sean and Doreen**  
National Legion,  
2021 Luster St.

**Monday, Nov. 18**

**Book Series:**  
**The Midnight Seven**  
and **Annabelle Chivostak**  
The Basement,  
202 Fourth Ave. N.

Thursday, Nov. 19

**The Blue Mules**  
Bulls on Broadway,  
817 Broadway Ave.

## # ART

**Mandel Art Gallery**  
Nov. 17 and 24, 2 p.m. to 4 p.m., at 950  
Broadway Ave. E. A free

two-part writing and  
chapter book-making  
workshop led by poet  
Tanya Lenahan. To  
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exhibition, Gallery,  
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**The Gallery/ART**  
**Placement**  
Until Nov. 14, 2 p.m. to 5 p.m., at 228  
Third Ave. S. Includes  
a painting by Nancy  
Lavery.

**The Gallery, Presents**  
**Meridian Library**  
Until Nov. 14, 2 p.m. to 5 p.m., at 228  
Third Ave. S. Includes  
a painting by Nancy  
Lavery.

**Hand-Made Gallery**  
Nov. 14 and Dec. 20  
at 409 Third Ave. N.  
In Midtown. A 30-day  
art and media gallery  
artistic exhibition. An  
opening reception will  
be held Dec. 1, 2 p.m. to 4 p.m.

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**held Nov. 15 from 4 p.m. to 9 p.m. Off the Wall art show and sale runs Nov. 20 to Dec. 1 with works by Valerie Sorrells, Keri Mazine, Gail Prack and Sylvie Thompson.**

**A Tiny Gallery**  
Nov. 15 (Sun) Jan. 4 at 833 Broadway Ave., 30th  
Dimensions, juried by  
award-winning artists,  
Michael Hovick and  
Susan Hovick. The Legend  
of the Red Tailed Hawk  
collaborative piece by  
Monique Martin and  
Colleen Miller. A closing  
reception will be held Jan. 4, 7 p.m. to 9 p.m.

**St. George Artists' Bldg**  
and **First Open Studio**  
Nov. 15, 1 p.m. to 6 p.m.,  
at 1992 St. George Ave.  
Access is located on  
the alley behind Adams  
Lumber. Recent work  
by artists and for sale.  
Studio artists are Kristin  
Auland, Nicki Auland,  
Jan Carson, Gail Haglund,  
Jane Harrington, Monica  
Jones, Megan Lindner,  
Jacqueline May Miller and  
Carol Wyle.

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by artists and for sale.  
Studio artists are Kristin  
Auland, Nicki Auland,  
Jan Carson, Gail Haglund,  
Jane Harrington, Monica  
Jones, Megan Lindner,  
Jacqueline May Miller and  
Carol Wyle.

**St. George Artists' Bldg**  
and **First Open Studio**  
Nov. 15, 1 p.m. to 6 p.m.,  
at 1992 St. George Ave.  
Access is located on  
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Jacqueline May Miller and  
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**students of Rainer**  
**Daniel, a display by the**  
**David Cawston Legion,**  
**work by Saskatoon**  
**Children's Guild, a display**  
**by the Saskatoon Centre**  
**Club, and the 2013 BCI**  
**Eco Scholarship winners**  
**and displays from the**  
**Saskatoon Public School**  
**Board.**

**Gallery on Third,**  
**Wetmore**  
Until Nov. 29 at 102 Third  
Ave. S., Wetmore. Mosaic  
paintings by Cliff Kinkaid of  
Saskatoon.

**Handmade House**  
**Exposure**  
Until Nov. 30 at 710  
Broadway Ave., Pivote  
Interiors: original  
watercolor paintings by  
Tanya Lindsay.

**Wetmore Library**  
Through November  
in Wetmore. Recent  
paintings and prints by  
Tanya Lindsay.

**Wetmore Library**  
Through November  
in Wetmore. Recent  
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**four works that include**  
**sound, projection and**  
**found objects. They'll**  
**also be by John Gibbard**  
**and a billboard**  
**commissioned by Hertz**  
**Arts, that incorporates**  
**anonymous, personally**  
**known as Night Eye**  
**August 19, which will be**  
**seen from their balcony.**

**Unleash the Power of**  
**Canada**  
Until Dec. 31 at 510  
Spadina Creek E., Monce,  
Sovereignty & Power: The  
Paper Currency of  
Innovation/Innovation  
1911-1920.

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## # SPECIAL EVENTS

**Open House and**  
**Information for the**  
**Hand of the Living**  
Nov. 13 and 21, 1300  
p.m. to 3:30 p.m., at  
Saskatchewan Deaf  
and Hard of Hearing  
Services, 3-51 First Ave.  
N. Hospitality for the Hand  
of the Living Association. For  
information call 306-245-1327.

**Open House and**  
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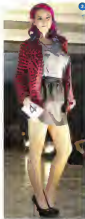
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# ON THE SCENE

Last call! Send us your CFL fan photos for a special Grey Cup photo page.  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com).

## # MEDIA FASHION SHOW FOR RONALD MCDONALD HOUSE



The Media Fashion Show is always an enjoyable way to raise money for Ronald McDonald House Saskatchewan. The 21st annual event featured members of the local media and their families modeling the latest fashions from Saskatchewan's finest retailers. The sold-out show was attended by 295 people. Held at the Starliner Cavalier on Nov. 8, the event raised about \$40,000 for Ronald McDonald House, located near Royal University Hospital. The house, which is currently undergoing an expansion project, provides a comforting "home-away-from-home" environment for families of sick children traveling to Saskatoon to receive medical treatment.



1. Models get dolled up
2. Lashie Cicchini gets her makeup done
3. Lucia Stokow
4. Matt Skidley gets his hair done
5. Lauren Young
6. Ty Mitchell
7. Lucas Wilson
8. Stephanie Macosko, Joelle Tomlinson and Jessica Fort

BRIDGES  
PHOTOS BY  
MICHELLE  
BURD



The StarPhoenix proudly presents  
www.thestarphoenix.com

# The Baby Block ...the Babies of 2013!

The StarPhoenix annual tradition featuring babies born during the past year will be published on Saturday, January 4th, 2014. This feature will also be posted online at [thestarphoenix.com](http://thestarphoenix.com) for all your family and friends to access.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



**Kyle Charles Sheppard**  
Born July 6, 2012  
weighs 16 oz.  
28.5" long

Daughter of  
Colleen &  
Paul Sheppard

Baby sister to Karen, Dawn & Kelly  
Proud grandparents  
are Sue & Maurice Sheppard  
She is our bundle of joy!

## NEW

(actual size)  
Include your  
baby on the  
cover in colour  
for only \$85 +gst  
(only 12 spots available)

**New!**

**Early Bird Deadline:** Friday, November 29, 2013  
Regular Size: \$30 +gst/ Double Size: \$37+gst  
Include your photo for an extra fee only \$10 +gst

**After Early Bird Deadline:**  
Regular Size: \$40+gst/ Double Size: \$47+gst  
Include your photo for an extra fee only \$10 +gst

**Final Deadline:** Monday, December 16, 2013

Complete the attached form, include a large, clear picture of your baby and prepayment of your announcement to:

**The StarPhoenix Babies of 2013**

Attn: Monique Classified Advertising, 204 5th Ave. N Saskatoon, SK S7N 2P5

Email a large jpg photo and your wording to [advertising@thestarphoenix.com](mailto:advertising@thestarphoenix.com)

Please include your daytime and evening phone number so we can contact you for credit card payment.

Or visit us in person at our classified advertising counter Mon-Fri, 8:30-4:30.

For further information please contact us at 306-667-0345 or 1-800-967-3740.

First Booking Deadline: Monday, December 16, 2013

**PLEASE PRINT CLEARLY** - Please do not include any photo larger than 6x4  
If you would like your photo back, include self-addressed stamped envelope

Daytime Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Customer Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Email address \_\_\_\_\_

Select from the following options (only 12 front page announcements available)

Front Page \_\_\_\_\_ Regular Size \_\_\_\_\_ Enhanced Size \_\_\_\_\_

Color \_\_\_\_\_ Black & White \_\_\_\_\_

**RAISED NAME (AS IT WILL APPEAR IN PRINT)**

Date of Birth \_\_\_\_\_ Weight \_\_\_\_\_ Length \_\_\_\_\_

**Check one for your choice of phrasing:**

Proud parents are: \_\_\_\_\_ Son of \_\_\_\_\_ Daughter of \_\_\_\_\_

First and Last Name of Parents \_\_\_\_\_

Or specify alternate wording - "Grandson of Bill and Jean Smith"

If you choose the Front Page or Enhanced Size option please include any additional words up about your baby that you would like included in the announcement

Maximum words for Front Page 30 words Payment Method Visa \_\_\_\_\_ MC \_\_\_\_\_ Amex \_\_\_\_\_ Cheque \_\_\_\_\_

Enlarged Size 40 words

Single Size 30 words

Credit Card Number \_\_\_\_\_

Expiry Date / Month \_\_\_\_\_

TOTAL AMOUNT DUE \_\_\_\_\_



# GARDENING

## #GARDENING

### A gardener's reflections of rural Ukraine

By Sara Williams

Thousands of settlers arrived from western Ukraine to homestead on the Prairies. Vastland that soon far two levels further than fall, I reflected on the landscapes' similarity.

Even after centuries of being killed, the soil is still black and deep. Although deeply affected by the legacy of collectivization during the Soviet era, Ukraine contains the bread basket of Europe. There are fields of wheat, sunflowers, maize, buckwheat, oats, pumpkins and sugar beets. Homegrown are medicinal and ailments. Other fields are small and for the most part hand-cultivated, some with the help of a horse.

We drove through small towns and villages with the houses fronting the road, each neatly fenced and often with a fancy gate. Most had a small orchard on fruit with a few apple and pear trees laden with fruit. We tasted our fair share. And the wheat bread. Newly fallen to the earth and cracked open, the fresh, white bread was delicious. Everyone should eat a fresh

wheat before they die.

The churches had long been picked and dried or burned. Lead pipe artworks were evident everywhere. Green and purple, large and sweet they are a far cry of what we see in our grocery stores. They are eaten fresh or made into jam and wine. One wonders how the Ukrainians must have hated collectivization with such a sense of pride and pleasure evident in their gardens and harvest.

Each home boasted several acres of vegetable gardens, many times with a small barn and garden behind. Poultry often had a pig or one or two cows as well as chickens and geese. There were large pumpkin patches with hundreds of pumpkins still lying in the sun.

This was a beautiful year for apples. Along with potatoes and onions they were evident on roadside stands along the highway and in markets. We passed more than a mile of large trucks full of apples lined up along the roadside. All were waiting their turn to be unloaded at a packing shed. I figured out the green trucks once seen



Fresh and cold fruit and vegetables from the harvest of rural Ukraine for sale at a roadside stand in rural Ukraine. PHOTO COURTESY SARA WILLIAMS

at prairie elevators.

Wild forest sunflowers were also for sale at stands along the roadside. It was a beautiful year according to everyone. We stopped. The temperature had fallen to -3°C over the past several days. The old ladies were in

their babushkas, rubber boots and multiple layers of sweaters and coats. The sunflowers were available or they cannot be eaten or drunk. Some of us group wondered, did they really know the difference between the good ones and the poisonous ones?

The babies indeed knew what they were doing. These wild sunflowers were toxicologically delicate.

Although many of the less remote rural towns and villages now have paved streets, sidewalks with their decorative brick centers were very much in use and their colorful summer kitchens like those of our grandparents, in which the fruit and vegetables are canned, pickled, dried, jammed and fermented into wine and liqueurs to be stored in a cold room or cellar for the winter.

Visiting a village home, I was questioned in detail through a translator about what I grew in my own garden. I listed off the vegetables, from by now. And how did I keep them for the winter? I was slow to tell I sowed to the flowers — still a rarity in many of the more remote villages. My hat goes off to these Ukrainians, their gardens and their skills.

*This article is an excerpt from the book "The Ukrainian American Family: A History of the Ukrainian American Family" by Sara Williams. For more information, visit [www.sarawilliams.com](http://www.sarawilliams.com).*

## #ASK ELLIE

### Get proactive to reignite passionless relationship

Q: I married a wonderful man — loving, affectionate, funny, and responsible. However, he has zero passion.

He's not as interested in sex as I am. He's either "cuddly" but I usually initiate sex.

Even when he does initiate, he's not passionate in the moment. My sex drive's increased because I feel self-conscious.

He's super-passionate and doesn't like to discuss it, instead he gets really upset. I've ended up on pills and he responds little.

We lose each other, but I can't imagine how we'll go years without

#### Ask Ellie



strong desire and passion.

I've tried every trick, asked what he likes, to little effect. I'm young, attractive, and fit. It's not into porn or anything else that affects a healthy sexual relationship.

Sex and passion weren't an issue at the start. A few months in, he

went in an accident, which made sex difficult. It's been an issue since.

Now I feel that it isn't going to change. It's affecting my self-esteem and probably his, too.

**Becoming Receptive**

A: It's telling that you mention the accident almost at the end of your story. Look closer at what's happened to him.

It's been deeply affected by that accident and its impact of sexual difficulty — whether from fear, anxiety about pain or performance, or an actual physical change.

Drop the resentment and get proactive.

Tell him you're worried about him, and want him to have a head-to-head check. Don't base this on your sexual needs, but on his well-being. If he won't go talk to his doctor, yourself about him, your accident could be self-fulfilling his responses.

Q: My boyfriend of three years and I started as good friends. We love and respect each other. I'm 21.

I loved sex with him when we were kids. He rarely passed on my mind. He didn't want to break up. We worked things out but when I'm away from him, I still wonder what else is out there.

Should I spend more years to

gether or start myself out and see if I'm better suited with someone else? I want him to let me go, but an staying for his sake.

**Be Unaware**

A: You are conflicted due to caring for him. But it's not the stuff of loving love — at least not now.

You've already started not to desire for him, experience. Staying will ultimately hurt him more, you, if about again, and, completely unreasonably.

There's a break for at least six months, likely longer. Be friendly when you meet, but don't keep up constant contact or keep re-making the decision.

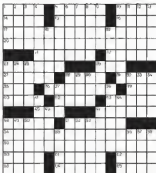


# #CROSSWORD

NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Creature with 8 legs
- 10 Cheater's reward, possibly
- 16 Medical rule
- 18 First to a top of
- 19 Public, being private
- 26 Jacky James
- 27 & 28 Story by G. Orwell on which "The Great Gatsby" is based
- 30 First to a top of
- 32 One who has, slightly
- 33 Cause of a dramatic death in Shakespeare
- 37 On traffic
- 38 Cheaper
- 39 "What's Happening" character
- 40 One who is in a bad mood
- 41 One who is in a bad mood
- 42 One going for a little rest
- 43 Another "Piggy," ...
- 44 One who is in a bad mood
- 45 Another "Piggy," ...
- 46 Another "Piggy," ...
- 47 Another "Piggy," ...



11 Right that declares

12 Club

13 "Tutti Lati," ...

14 Competition category in tennis and badminton

15 Club with a membership

16 Personal reference

17 American novelist

18 Andrew Garfield's industry

19 Author of "The Hobbit"

20 Name of the "Hobbit" author

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## # JANRIC

## CLASSIC

## SUDOKU

## Level: Gold

Fill in the blank cells with numbers 1-9 so that each row, column and 3x3 box contains all the numbers 1-9.

The difficulty level is indicated by the number in the top right corner.

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Sudoku is the crossword puzzle of numbers. Solve the puzzle by filling in the numbers 1-9 so that each row, column and 3x3 box contains all the numbers 1-9.

# Authentic Amish Cooking



Authentic Amish Cooking

## Baked Spaghetti

- 1 C. Chopped Beef
- 1 T. Butter or Oil
- 1 Can of Mushrooms, drained
- 1 Can of Tomato Sauce
- 1 Can of Spaghetti, drained
- 1 Can of Parmesan Cheese



In a large skillet, sauté onion and garlic in butter until tender. Add tomato sauce, mushrooms, and drained spaghetti. Simmer for 10 minutes. Top with half of the spaghetti mixture. Sprinkle with 1 C. of cheese. Repeat layers. Bake for 30-35 minutes at 350°.

## Chocolate Walnut Squares

- 1 C. Butter, softened
- 1/2 C. Sugar
- 1/2 C. Cocoa powder
- 1/2 C. Vanilla extract
- 1/2 C. Eggs
- 1/2 C. Walnuts, chopped



Preheat oven to 350°. In a large bowl, cream butter and sugar. Add eggs and vanilla. Mix well. Add cocoa powder and walnuts. Mix well. Press into a greased 9x9 inch pan. Bake for 20-25 minutes. Cool completely. Cut into squares. Store in an airtight container.

# Authentic Furniture

Custom Solid Wood Heirloom Pieces

Custom Finishes  
Full Catalog Available  
Visit our Showroom

Amish Style A Quality  
Heirloom Furniture  
Guaranteed Designs

510 Circle Drive E. Sackville • 506-955-9397  
authentic.furniture@sacktel.net

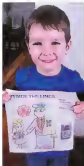
# OUTSIDE THE LINES



## # Colouring contest

Each week, Stephanie McKay creates a lovely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bedpo@theoverphone.ca](mailto:bedpo@theoverphone.ca). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's winners of the colouring contest were two **Fourth Graders** age 9. Congratulations! Thanks to all for your colourful submissions. Try again this week!

# READ MY BOOK

#JOYCE BECK

## Stories of growing up on the Prairies

The First Meadowlark is all about family — not just my family but everyone's extended family. In today's affluent times the family is an old word of belatedness for it is fully acknowledged to hold the greatest influence on our children. This also reflects on a 1950s farm as dedicated to my parents Elmer and Jack Lee, hard working, self-reliant, pioneers, willing to weather the betterment of their children.

Born Laura Joyce Lee in 1938, my childhood spanned the Great Depression. I grew up on Douglas, Man., as a farm near the Riding Mountain now well known for its national park. In those difficult years Saskatchewan and other dry areas suffered severe



Joyce Beck in 1968

drought with no rain, no crops, fields, gardens and drifting top soil with animals dying for lack of water and food.

Our Douglas area was not like that however. With a little rain, most Douglas farms could, on most farming, flourish down from heavily treed Riding Mountain provided great benefit to the citizens. They had some crops, large gardens and enough water and feed for their animals. Cows, pigs,

chickens and turkeys enriched the diet. We couldn't have asked for a better cook than mom. Taxes were tough but so were the settlers.

Our grandparents traveled in the 1880s from the Great West area on Lake Huron by ship on the Great Lakes to Duluth, Minn., then west by American railroad to the Red River and north by steamer to Winnipeg. From there it was by oxcart to their homestead.

The First Meadowlark is a symbol of hope! It tells of my journey growing up, describing our life through 30 seasons but related, stories I cover topics like farming with horses, coping with severe, periodic weather, the Red River and its beauty, life with

five older sisters — the trials and excitement, a week in a private woman's life written by a cousin, children's games like marionette, globes, making ovals and the New Year's Eve! Over the years, the Second World War during which our farm became a training school for Air Force pilots, permit teaching on rural schools and one of my 10-year classrooms in the 1970s.

At 84 it's a great Christmas gift for parents. Joyous from the 1950s will enjoy reminiscing with The First Meadowlark, available in English and French at the Book Antiques 3108-13th Ave.

Joyce Beck, a former Regina teacher, lives near in Cranbrook, B.C.



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## # SOUP OF CHOICE

### Saskatchewan's best new soup spots

By Jenn Sharp

Nothing warms the soul like a bowl of hot soup on a cold November day. Making soup isn't difficult, but making good soup is an art. It's easy to throw in too much salt in the hopes of disguising old leftovers. An honest flavour that comes from the ingredients themselves makes for an admirable bowl.

Here's a roundup of the newest spots serving the choicest soups in Saskatoon and Regina:

#### SOUPCIOUS CREATIONS

18-9801 Broadway Ave., Saskatoon

Simplistic is chef Susan Reynold's (of Susan's Fine Food) way of viewing his catering service and cooking classes. The daily gourmet hot and serve soups range depending on what's in season, but always expect to find gluten free, dairy free, vegetarian and vegan options. Salt is never added. Reynolds also makes full fat, rich and hearty soups for those craving an indulgence. Stop a few for your freezer or take a hot soup to go. I bought a frozen tomato and basil on a moment's notice. Reheated, it was incredibly full of flavour, with a subtle hint of dill, it was also surprisingly thick.

Other frozen meals like butter chicken and lasagna, are available along with homemade chutneys, jams, pasta sauces, focaccia bread and desserts (such as Reynolds's famous butter tiffin pudding.)

12 oz. soup: \$5.95

16 oz. soup: \$6.95

#### BISCUITS AND BROTH CAFE

1010 Glenview Street, Regina

Yan Ma opened his little shop in downtown Regina just three months ago. Along with fresh, homemade wraps, soups, breads, chutneys, confams, muffins and pig corn. He has 40 soups on rotation and changes the daily choices every eight weeks. I tried the cheesy dill potato, a rich soup with small bits of potato and plenty of dill.

Small soup: \$5

Large soup: \$7

#### CAFE DEEP

1275 Broad St., Regina

This little slice of urbanite heaven serves "healthy fast food" in Regina's warehouse district. The old cheese space with a trendy home decor vibe, with a yoga studio, pottery shop and antique store are all new. The daily chalkboard menu always includes a fresh soup like the vegetarian, gluten free butternut squash one pictured here. It was delicious and creamy but not too heavy. And — release — I didn't taste much (or any) salt.

Soup of the day (vegetarian): \$9.75



Homemade tomato-based soup from Soupcious, located in Saskatoon's Artist-Shipping Centre. *Stewart Photo by MICHELLE BENO*



Cheesy dill and potato soup from Biscuits and Broth located on Hamilton Street in downtown Regina. *Photo by MICHELLE BENO*



Butternut squash soup with fresh bread from Cafe Deep in Regina. *Photo by MICHELLE BENO*

# WINE WORLD

\* DRAILS' GATE

## Enjoy subtle pleasure in Quails' Gate Chasselas

By James Romanow

If you were to ask M. Pamplonague, the famed gourmet and restaurant reviewer of *Le Guide* what he thought of Chausson, he would likely grumble, give a golfie shrug, take some time to put his dog—the almost-sacrosanct Pomme d'Or—then casually suggest “they are a nice eating grape.” And that is in allusion to most Chaussons come to the grape. If you’ve eaten green grapes, particularly from Turkey you likely ate Chausson.

Blomquist's also thrived in the Alameda wetland and Hargrave with some success, and, rather to my surprise also by Quindé Gate of the Okanogan. They seem to be making a specialty of winifering trend, poor valuations yearning to ferment first of grassland.

It has a nice touch of acidity to greet you, a medium body for those of you tired of less Sauvignon Blanc and Pinot Grigio. The slight off-dry palate works absolutely beautifully with modern cuisine. (We drank a bottle recently with Thai chicken and peanut sauce.)



down the middle, offering a slightly subtle pleasure. As is usual with most B.C. wines it's low in alcohol, a blessed relief in these days of vermouth masquerading as wine. This is a great wine to choose when you're wine drinking.

Quilted Gato Chaussettes Parrot Blanket  
 \$100 <sup>100%</sup> <sup>100%</sup>  
 More info on Twitter @dibona.

## Crossword/Sudoku answers

R	A	D	E	C	A	P	E	D	P	S	T
T	S	A	L	E	Y	A	H	I	E	T	T
D	O	A	N	E	R	O	I	C	O	R	E
G	F	I	C	E	L	E	T	R	I	C	H
A	B	E	S	T	C	A	L	L	A		
C	O	M	M	I	C	A	S	P			
F	R	U	P	T	R	I	M	P	S	P	N
R	A	T	S	A	N	C	L	E	D	G	E
F	L	A	D	I	C	K	A	D	E	L	T
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A	L	A	R	M	P	I	G	H	O	T	
N	I	C	A	N	E	M	E	M	B	E	R
F	O	R	O	Y	H	O	L	E	S	A	L
U	R	I	S	N	E	I	D	I	O	N	E
L	A	D	E	E	P	E	N	N	E	A	R

6	2							7
		4		2	3	1	9	
8	1	7						5
4		3				5	6	
	6	5			1			4
9					2	7		3
	3	8	6	5		9		
1							5	8

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